







FIRST.

WHY WON'T YOU  
TELL ME ABOUT  
HOW YOU'RE  
FEELING NOW?

THIS TIME.

I'M GOING TO  
DO IT RIGHT.

A person with dark hair, seen from behind, sits at a wooden desk in a room filled with bookshelves. A small figure with a red hat and white shirt sits on the desk facing them. A speech bubble from the small figure says, "IT'S BEEN OVER... THREE MONTHS." Another speech bubble from the person at the desk says, "I LIE DOWN TO SLEEP, BUT I CAN'T FALL ASLEEP FOR TWO OR THREE HOURS. AND EVEN WHEN I DO FALL ASLEEP, I WAKE UP EASILY." A third speech bubble from the person at the desk says, "AND IT'S SO HARD TO FALL BACK TO SLEEP."

IT'S BEEN OVER...  
THREE MONTHS.

I LIE DOWN TO SLEEP,  
BUT I CAN'T FALL ASLEEP  
FOR TWO OR THREE HOURS.  
AND EVEN WHEN  
I DO FALL ASLEEP,  
I WAKE UP EASILY.

AND IT'S  
SO HARD TO  
FALL BACK  
TO SLEEP.

A person with dark hair lies in bed, propped up on their left arm, reading a book. They are wearing a yellow t-shirt. A speech bubble next to them says, "I TRY READING BOOKS AND WATCHING TV WHILE WAITING TO FALL ASLEEP."

I TRY READING  
BOOKS AND WATCHING TV  
WHILE WAITING TO FALL  
ASLEEP.

THEN WHEN  
I FEEL SLEEPY AND  
DECIDE TO GO  
TO SLEEP.

I SUDDENLY  
FEEL WIDE AWAKE  
AGAIN.



DO YOU USE  
YOUR SMARTPHONE  
BEFORE YOU GO  
TO SLEEP?

AH, YEAH.  
SINCE I JUST  
CAN'T SLEEP.





ANY  
NAPS?

SOMETIMES I TRY  
TO SLEEP A BIT IF I GET  
SLEEPY DURING THE DAY.  
SINCE I HAVE TO MAKE UP  
ON LOST SLEEP...



YOOGUN.

WHAT WE'RE GOING  
TO DO NOW IN ORDER  
TO CURE YOUR  
INSOMNIA.

IS HOLD BACK  
ON SLEEPING.

WHAT?





**DR. FROST**

BY JONGBEOM LEE

- INSOMNIA (3)

**WHAT  
DO YOU MEAN BY  
HOLDING BACK ON  
SLEEPING?**

**I'M ALREADY  
FEELING TERRIBLE  
BECAUSE I CAN'T  
SLEEP!!!?**





TO BE MORE PRECISE,  
YOU NEED TO  
STRICTLY LIMIT THE  
(TIME SPENT LYING IN BED).

!?

THIS IS THE MAIN  
METHOD OF TREATING  
INSOMNIA WITHOUT  
USING MEDICATION



IT'S A COMBINATION OF  
(SLEEP RESTRICTION) AND  
(STIMULUS CONTROL).

YOU KNOW ABOUT  
[PAVLOV'S DOG]  
EXPERIMENTS.  
RIGHT?



YEAH.  
AREN'T THOSE THE  
EXPERIMENTS ABOUT  
CONDITIONED REFLEX?

"[PAVLOV'S DOG]  
EXPERIMENTS IS  
ONE OF THE MOST  
FAMOUS EXPERIMENTS  
IN PSYCHOLOGY AND  
CEREBRAL PHYSIOLOGY."

ONE DAY, THE RUSSIAN  
PHYSIOLOGIST PAVLOV SAW  
A DOG DROOLING AT THE SOUND  
OF ITS TRAINER'S FOOTSTEPS  
BEFORE THE TRAINER EVEN GAVE  
IT FOOD. AND REALIZED THAT  
THE DOG ASSOCIATED THE  
[TRAINER'S FOOTSTEPS]  
WITH [FOOD].



SO PAVLOV ESTABLISHED  
THE HYPOTHESIS THAT PERHAPS  
THEY COULD FORM ASSOCIATIONS  
WITH THINGS OTHER THAN (FOOD)  
AND (FOOTSTEPS). AND  
HE BEGAN HIS EXPERIMENTS

BY REPEATEDLY RINGING A BELL  
EVERY TIME HE GAVE THE DOGS FOOD.  
HE FORMED AN ASSOCIATION  
BETWEEN (FOOD) AND THE (BELL)



AFTER THAT, THE DOGS WOULD  
BEGIN DROOLING WHENEVER THEY  
HEARD THE SOUND OF THE (BELL).  
THIS EXPERIMENT IS FAMOUS FOR  
REVEALING (CONDITIONED REFLEXES)  
AND LAYING THE FOUNDATION FOR  
THE FIELD OF CEREBRAL PHYSIOLOGY.

MOST INSOMNIA  
SUFFERERS SPEND AN  
EXCESSIVE AMOUNT OF  
TIME LYING IN BED WAITING  
TO FALL ASLEEP.

BECAUSE OF  
A COMPULSION TO  
(MAKE UP FOR  
A LACK OF SLEEP).

YEAH,  
I USUALLY DO THAT  
FOR HOURS..





IF YOU REPEAT THAT,  
IT ENDS UP FORMING AN  
ASSOCIATION BETWEEN THE  
[BED] AND [INSOMNIA].

YOU LIE DOWN ON  
YOUR BED BECAUSE  
YOU FEEL SLEEPY,  
THEN YOUR SYMPTOMS  
OF INSOMNIA APPEAR



SO, IF YOU CAN'T  
FALL ASLEEP FOR MORE  
THAN FIFTEEN MINUTES,  
GET UP OUT OF BED  
RIGHT AWAY,

YOU HAVE TO GO  
TO THE LIVING ROOM OR  
ANOTHER PLACE AND DO  
SOMETHING ELSE.

AT THE SAME TIME,  
YOU MUST ABSOLUTELY  
NOT SLEEP ON A COUCH  
OR ANYWHERE ELSE.  
OTHERWISE IT'S BACK TO  
SQUARE ONE

ALL OF  
THIS

IS TO KEEP YOU  
FROM ASSOCIATING  
[INSOMNIA] WITH  
[YOUR BED].

AHH. THAT'S  
AMAZING.

SO BASICALLY,  
YOU CAN'T DO ANYTHING  
EXCEPT SLEEP  
IN YOUR BED.

ABSOLUTELY NO READING.  
AND ESPECIALLY NO USING  
YOUR SMARTPHONE.

DON'T WATCH TV  
IN YOUR BEDROOM  
EITHER.

GASP!!







IN ORDER FOR THIS  
METHOD TO BE EFFECTIVE,  
YOU HAVE TO MAKE SURE  
YOU STICK TO A SCHEDULE FOR  
WAKING UP ON TIME.

IF YOU DECIDE  
TO WAKE UP AT  
SEVEN O' CLOCK.

EVEN IF YOU FALL  
ASLEEP AT SIX A.M.,  
YOU ABSOLUTELY MUST  
WAKE UP AT SEVEN.

*H-HOW  
CAN I DO  
THAT??!!*



YOU'LL BE  
EXTREMELY TIRED  
AT FIRST.

THAT'S WHY  
I PREPARED SOMETHING  
SPECIAL FOR YOU

WHAT?!

THIS!

DUN

DUN

AN ARTIFICIAL  
LIGHTING USED FOR  
PHOTOTHERAPY!

THE BIOLOGICAL  
CLOCK WITHIN OUR BODY  
REVOLVES AROUND  
(THE LIGHT AND FOOD)



THE  
BIOLOGICAL  
CLOCK  
IS  
TIED  
TO  
THE  
LIGHT  
AND  
FOOD

WHEN YOUR EYES  
DETECT THE SUNLIGHT,  
YOUR BIOLOGICAL CLOCK  
MISTAKES IT FOR THE MORNING  
AND YOUR SLEEPINESS  
DISAPPEARS.



THIS DEVICE  
GIVES OUT LIGHT  
THAT IS SIMILAR TO  
THE SUNLIGHT.





AS I'VE  
ALREADY MENTIONED,  
[SLEEP] IS TO  
THE MIND

WHAT [IMMUNITY]  
IS TO THE BODY.



JUST BY  
TREATING YOUR INSOMNIA,  
YOUR DEPRESSION AND ANXIETY

MAY GET BETTER  
ON THEIR OWN.



PLEASE  
TRUST ME  
JUST A LITTLE  
BIT MORE.

...OKAY.

*CRASH*



AH.  
WHOOFS.

SORRY.  
I DIDN'T KNOW YOU  
WERE COUNSELING  
SOMEONE.

AH,  
PROFESSOR  
WE JUST  
FINISHED.



AH, I'LL GET  
GOING THEN

SURE,  
SEE YOU  
NEXT WEEK.

AH,  
AND TAKE  
THIS.



IT'S A BOOKLET  
WITH GUIDELINES AND  
A SCHEDULE FOR  
THE BEHAVIORAL  
THERAPY.

AH, OKAY-





IS THAT  
THE STUDENT  
YOU MENTIONED?

THE ONE  
WITH A SLEEPING  
DISORDER?

YEAH. IT ISN'T  
CHRONIC INSOMNIA YET.  
SO I JUST MADE A COGNITIVE  
BEHAVIORAL THERAPY  
PLAN FOR HIM



FILE.

HERE.



IS IT JUST  
INSOMNIA?  
ANY SYMPTOMS OF  
OTHER SLEEPING  
DISORDERS?

NO,  
THE BASIC CAUSE  
IS RELATIVELY  
CLEAR.

FOR COUNSELING UNDER THE DIRECTION OF  
A SUPERVISING PROFESSOR,  
YOU REPORT THE RECORDS OF THE COUNSELING  
AND RECEIVE GUIDANCE



STRESS ABOUT  
GETTING A JOB IS  
THE MAIN CAUSE.

HE'LL PROBABLY  
GET BETTER WITH SIX TO  
EIGH WEEKS OF  
TREATMENT.

STRESS ABOUT  
GETTING A JOB...









TO BE CONTINUED

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